Vol. 63, No. 43 Tyndall Air Force Base, Fla. Gulf Defender Nov. 12, 2004

#### In brief

#### Finance office closure

The 325th Comptroller Squadron Finance Office will be closed today for an official function. For more information, call 283-8255.

#### Medical group closure

The 325th Medical Group, to include the clinic and satellite pharmacy, will be closed Nov. 19 for Wingman Day activities. Sick call will be available in both Family Practice and Flight Medicine from 7 - 7:30 a.m. To reach an on-call provider, call 283-2778, or dial 911 for emergencies.

## Hydrant pressure testing

Base housing is slated for fire hydrant pressure tests 8 a.m. to 3 p.m. Monday through Nov. 19. Residents may have discolored water and are recommended to refrain from washing clothes until the water clears. For more information, call the Civil Engineer Squadron customer service at 283-4948/4949.

#### Inside

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- Taking the stress out of the holidays ... Page 10

# Former top NCO visits Tyndall

Retired Chief Master Sgt. of the Air Force Sam Parish, the Air Force's eighth senior enlisted leader, is greeted by Senior Airman Vesta Anderson, Tyndall Active Airmen **Association** president, and Tech. Sgt. Phil Davis, Focus 56 president, at the NCO Academy here. Chief Parish spoke with enlisted troops and officers here Nov. 2-3 and covered such topics as mentoring and the Air Force's current operations tempo. "The Air Force will always be my first love," he said.



Senior Airman Benjamin Rojek

# **AETC, Tyndall AFB conduct Wingman Day**

TECH. SGT. JOHN ASSELIN
AETC Public Affairs

# RANDOLPH AIR FORCE BASE, Texas (AETCNS) — The commander of Air Education and Training Command, Gen. Don Cook, recently directed all AETC bases to conduct a Wingman Day.

The day's activities are intended to help people take better care of one another and will offer information on four health fronts: emotional, social, spiritual and physical.

"I want you to do a vector check," said General Cook in a videotaped message about the day.

"Take an honest look into the physical, emotional, social and spiritual health of yourself and your Airmen. A problem in any one of these areas may mean the

want you to do a vector check ... Take an honest look into the physical, emotional, social and spiritual health of yourself and your Airmen. A problem in any one of these areas may mean the difference between life and death."

GEN. DON COOK
AETC commander

difference between life and death."

Gen. John Jumper, Air Force Chief of Staff, and Chief Master Sgt. of the Air Force Gerald Murray stressed the need for Airmen to do a better job taking care of themselves and their teammates in separate messages Oct. 21 and 27, respectively.

In these messages, General Jumper and Chief Murray said 57 Airmen took their own lives in fiscal year 2004 and 99 Airmen died last year as a result of accidents.

"All of us receive training in safety, risk management and suicide prevention annually," wrote Chief Murray in his letter. "Clearly we possess the education and capability to make the right decisions and to look after each other. However, training and knowledge are not enough, we must take action."

This action has evolved into Wingman Day.

A day for Airmen to take a break from their normal work

day to focus on their well-being and to nurture a culture in which Airmen take care of Airmen, General Cook said in his policy letter to commanders.

Commanders will stress direct personal communication with events favoring face-to-face interaction and limited use of computers and briefings. Activities will be designed for smaller groups where personal interaction is encouraged, instead of large group briefings.

Civilian employees are strongly encouraged to participate in the day's activities.

To help commanders develop an effective Wingman Day, a Webbased resource kit is available at www.aetc.af.mil/wingman.

Tyndall Air Force Base will hold Wingman Day activitities Nov 19

# **CSAF, SECAF send** Veteran's Day message

GEN. JOHN JUMPER AND JAMES ROCHE

Air Force Chief of Staff — Secretary of the Air Force

Each year, America honors its Veterans for the sacrifices and hard-fought successes of so many of its citizens—those who have worn the military uniform.

The original Armistice Day recognized the cease-fire signed by Germany and the Allied powers on Nov. 11, 1918. This concluded the hostilities of World War I, known as the "War to end all Wars." More than two million service members of the American Expeditionary Force fought bravely on and over the battlefields of Europe. Today, our expeditionary Air Force continues the fight in defense of freedom around the world against a resilient enemy who opposes our way of life.

Since those challenging days at the dawn of the 20th Century to the awakening hours of the 21st Century, we have witnessed major wars and countless conflicts. One constant has remained—the commitment of those who served and continue to serve our nation in forever challenging times—our veterans. We honor their memory for what they have done to keep America and the world safe.

To our Airmen who continue the fight against those who have made America their target, we salute you. We thank you and your families for your constant vigil and your continuing sacrifices. May God bless you and the United States of America.

## View from the Top:

## Veterans continue to preserve freedom

GEN. DONALD COOK

AETC commander

On Thursday, all across America, communities recognized the contributions of the men and women who served in our nation's armed forces, both in war and in peace.

Around the globe and throughout our history, America's veterans have admirably answered the call to defend our freedom, and if need be, give their lives in its defense. Veterans Day reminds us of their continuing and lasting sacrifices.

As a free nation, we owe much to our veterans, and it is a debt we can never truly repay. Their stories are our history, because America rose to greatness on their shoulders. We collectively owe

them our very way of life, our freedom to live, work and raise our families. I urge everyone to take the time to reflect on and honor their sacrifices and to thank them for their service to our great

We presently are engaged in a global war on terrorism, and our veterans continue to defend freedom and sacrifice their lives today. We must never forget those Airmen, Soldiers, Sailors and Marines still on duty and vigilant in lonely and remote locations around the world. Our veterans have missed the births of their children, wedding anniversaries, birthdays, graduations and many other events associated with daily living. They have spent their holidays in remote and often hostile locations, amid the stinging sands of the Iraqi desert and in the cold and rugged mountains of Eastern Europe.

Nearly 1,400 AETC warriors are presently deployed in the Global War on Terrorism. Thousands more remain behind, filling the gaps and continuing to train the world's premier Air Force. They are all continuing the tradition of service we honor and celebrate on Veterans Day.

Please join my wife Diane and me in remembering and honoring our service members, past and present. Remember those who are deployed and away from their families. Please don't forget their families left behind. They have all earned America's gratitude.

# Airmen DUI stats too high

Lt. Col. George Menker

325th Fighter Wing Safety Office



unknown reason, that same trend of excellence has not been demonstrated recently in the decision to not drink and drive. Last quarter witnessed a sharp rise in driving under the influence offenses. This problem seems to lack a root cause beyond the obvious: bad

tually every mission area. For an

Committing a DUI offense is disturbing on a number of levels: it shows a breakdown in personal responsibility; it erodes the trust of the citizens we are sworn to protect; it risks the lives of others on the road; and a DUI can forever change the lives of the offender and their family. This is far from an all-inclusive list but frames the seriousness of the matter.

First, let's discuss the penalties. As a member of the military, someone convicted of a DUI is subject to both military and civil punishments. Of the DUIs processed by the Tyndall Legal Office recently, the average punishment has been an Article 15 with a reduction in rank, forfeitures in pay, and 30-45 days extra duty. DUIs processed off base will usually earn a letter of reprimand. As for criminal consequences, first time offenders can be fined up to \$500, can be imprisoned for up to six months, can be assigned a minimum 50 hours of community service and will lose their license for six

chased car will sit in the parking lot. Any hope of early promotions is lost. A bicycle or friend will become the main source of transportation. Driving to Fort Walton for that big date will have to wait.

months. Criminal penalties will stiffen for more

Evenings that begin with a solid DUI avoidance plan (designated driver, hotel reservations, etc.) are the best prevention and virtually fail safe. One that starts with moderation as the DUI avoidance plan, although prone to failure, need not end that way. Recognizing you've had too much is the only way moderation works. But if you've been drinking, how good is your judgment? The costs are too high. The decision to risk a DUI or execute a backup plan should be instinct, free of hesitation.

If moderation fails, make the smart choice to hire a cab. Contacting several local taxi companies reveals these average costs: from the Panama City Beach clubs to Tyndall AFB is \$35; from the Thomas Drive restaurants to Lynn Haven is \$20; and from the Tyndall AFB Clubs to Parker is \$15. All these costs are minuscule when compared to a DUI.

Another option is Airmen Against Drunk

• SEE DUI PAGE 5

#### **Gulf Defender Editorial Staff**

.. 325th FW commander Brig. Gen. Jack Egginton ..... Capt. Susan A. Romano ......chief, 325th FW public affairs 1st Lt. Albert Bosco ...... chief, internal information 2nd Lt. William Powell ......deputy chief, internal information Airman 1st Class Sarah McDowell ..... Senior Airman Benjamin Rojek ......staff writer

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Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the Gulf Defender to Tyndall base housing sections is provided by the Panama City News Herald.

For more information, or to advertise in the newspaper, call (850) 747-5000.

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# Addressing concerns:

# 325th FW commander responds to action line calls

able for shift workers with infants at the Child Development Center. What options are there for infant child care while working shifts?

The Air Force child care system is designed to accommodate a wide variety of mission requirements. Our Family Child Care program, formerly know as Home Day Care, is the best solution for your situation. FCC providers have the flexibility to adjust hours to meet the needs of individual families based on work schedules, while the Air Force FCC subsidy program ensures child care costs are equal for patrons in either the Child Development Center or FCC homes.

We sometimes experience a waiting list for infant care. Per your discussion with the FCC director, you were smart to get on the "unborn list" early. By the time your baby is born in February, we're confident that we will be able to meet your child care needs. Our child care professionals are available to assist you with any questions you may have regarding child care availability here at Tyndall.

Please feel free to call Ina Crawford at 283-2266 with your FCC questions, or child care inquiries. Thank you for your question.

I'm concerned about the Alltel tower that used to be on the water tower. I'm on a cell phone contract and I'm sure there are several others also stuck with a service that we can't use in base housing. I've talked with the sales representative and she indicated there might be some contracting issues involved. I am wondering if the tower is going to be replaced?

Cellular coverage is an on-going issue at Tyndall. Several companies offer service in the local area, with differing reception patterns for each. The Alltel tower is located next to Bldg. 730, near the old Louisiana Gate close to the Community Activity Center.

Alltel, as well as other cellphone companies, removed their equipment prior to the refurbishment project on the water tower and temporarily relocated their equipment to a portable tower.

Since the water towers will be transferred to a private company under an on-going effort to privatize Tyndall utilities, it was decided we would not allow any cellular companies to put their equipment back on the

I'm concerned about the daycare avail- Saundra Lockwood 283-4859 for general tower and made Alltel and the other companies aware of our decision.

> The equipment on portable towers is not as high as it was on the water tower which could possibly effect area coverage.

Also, prior to the tropical systems we experienced, all of the cellular companies lowered their tower masts to minimize damage to their equipment, which could also cause service degradation for any of the cellular companies currently serving the base.

The mobile towers are a temporary setup. Long-term plans are to make space available for all cellular providers on new, permanent, cellular towers that are to be constructed in the next 3-9 months.

Cellular providers can lease space on these permanent towers, which will place their equipment much higher and should provide a major improvement to their cellular customers around the entire base. Thank you for your question.

Something needs to be done about the torn American Flag at Flag Park.

The Mission Support Group is on top of the situation. Next time you walk by flag park you will notice that all flags were replaced. Responsibility for maintaining the flags lies with the Security Forces Squadron. Typically, they replace the flags once a quarter. However, this year, the flags were replaced seven times, due to the recent high winds and year-round sunny weather. We'll continue to monitor the flags and ensure timely replacement. I appreciate you taking the time to bring this to our at-

tention.

WILLIAM TO THE STREET

## October re-enlistments

Master Sgt. Lonnie Bacon, HQ AFCESA Staff Sgt. Richard Brown, 325th FW Senior Airman William Carmichael, 325th CS Senior Airman Shamika Clair, 325th MDOS Staff Sgt. John Clowe, 325th SFS Staff Sgt. Kerry Compton, 325th AMXS Staff Sgt. Jeremy Conrad, 325th AMXS Staff Sgt. Jacob Decker, 325th AMXS Master Sgt. Tommy Dixon, 325th CES Senior Airman Andrew Greer, 325th AMXS Staff Sgt. Christopher Gibson, 325th AMXS Staff Sgt. Jason Hughes, 325th MOS Tech. Sgt. Jay Jecha, 325th MDG Staff Sgt. Derrick Lewis, 325th AMXS Staff Sgt. Gregory Lynn, 325th AMXS Tech. Sgt. Harvey Mclean, 372nd TRS Staff Sgt. Alexandre Mouton, 83rd FWS Master Sgt. Dimitri Parham, 325th OSS Staff Sgt. Brian Pollock, 325th AMXS Senior Airman Benjamin Rojek, 325th FW Tech. Sgt. Jon Ryals, 325th AMXS Master Sgt. Rebecca Simmons, 325th OSS Master Sgt. Sandra Thornton, 325th AMXS Senior Master Sgt. Paul Van Slyke, 325th AMXS Tech. Sgt. Bobby Wilkerson, 325th CES



## **Operation Turkey Drop**

First sergeants Senior Master Sgt. Stephen Ullmann, 325th Air Control Squadron, and Master Sgt. Tommy Dixon, 325th Civil Engineer Squadron, load donations from Operation Turkey Drop onto a truck during last year's program.

This year, people who would like to donate food for Operation Turkey Drop may bring items to the Chapel 2 annex, Chapel 1 and unit collection points from now until Nov. 17. After Nov.17 people can drop-off food in the blue box to TOP 3 representatives from 9 a.m. to 5 p.m. daily at the Tyndall commissary. The basket assembly will be 1 p.m. Nov. 21 in the Chapel 2 annex, starting at 1 p.m. Everyone is invited to help.

# DOD officials 'pause' anthrax vaccination program Oct. 27

Lt. Col. Paula Corrigan

325th Medical Group

Department of Defense officials are pausing the anthrax vaccination program while they review a preliminary injunction isissued their final rule in December 2003, a DOD spokesman said.

sult of the injunction, DOD officials said they will pause the tions until the legal situation is

As a re-

sought before FDA officials 325th Aeromedical-Dental issues. The 2003 injunction Squadron Health Flight commander said, "We will resume vaccinations as

> soon as we receive the ahead from DOD. The anthrax best protective measure against deadly biologi-

was lifted roughly two weeks later. DOD remains convinced the program complies with all the legal requirements. Captain Claar added, "Numerous studies have shown the vaccine to



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#### • From DUI Page 2

Driving. Tyndall's junior enlisted members have established the AADD network. Its operating hours are Friday, Saturday, and holidays, 5 p.m. to 5 a.m. AADD allows people who might otherwise risk a DUI to call 867-AADD (2233) and receive safe and anonymous transportation home. The program is intended as a backup safety mechanism to bail out those who have unintentionally over done it vice being a primary means home.

Lastly, the same camaraderie that often results in overindulgence should serve as a line of defense. All units have a Safe Ride Home program

spelled out in the unit commander's policy letter. Good friends support their wingmen; good friends take keys; good friends give rides.

Our civic responsibilities as Airmen exceed those of other citizens. The people of our nation have come to rely upon us to meet those expectations. Just as the nation expects us to expertly employ airpower to protect our vital interests, the local community expects us to responsibly conduct ourselves on the road. We have unflinchingly met our responsibility to produce the most dominant Air Force ever. We should be equally unflinching when making the choice to not drink and drive.

# Congratulations to Tyndall's chief master sergeant selects

Larry Aderholdt, 325th AMXS Richard Bruck. 325th OSS

Michael Burson, 325th ACS



David Dick Jr., Det. 1, 325th FW Trevor Honosky, 325th MXG Wade Mackenstadt, AFCESA Douglas Mahoney, 325th AMXS Douglas Martin, 325th AMXS Matthew McCabe, 325th

AMXS Joseph Wright, AFCESA Page 6 **Gulf Defender** Nov. 12, 2004

## New guidance on use or lose leave

The Assistant Secretary of Defense of Force Management Policy recently released new guidance on special leave accrual.

Service members unable to take leave as a result of directly supporting contingency operations such as Operations Enduring and Iraqi Freedom, are authorized to accumulate more than 60 days of leave.

Service members who did not deploy to a hostile fire area, but could not

take leave due to supporting a contingency operation, may accumulate up to 90 days of leave. Personnel deployed directly in a hostile fire area may accumulate up to 120 days.

All restored or accumulated leave in excess of 60 days must be used by the end of fiscal year 2005; however, certain extenuating circumstances may permit a deadline extension to the end of fiscal year 2006.

retire or separate before March 1, 2005, and wish to include restored leave in terminal leave request, should contact the local military personnel flight to ensure authorized leave is restored prior to retiring or separating.

Individuals who meet the outlined criteria should contact the MPF to apply for SLA.

(Compiled by the 325th Fighter Wing Members planning to *Public Affairs Office*)

#### **Holiday mail** suggestions

The Military Postal Service Agency recommends the following deadlines for sending holiday mail from the United States to all overseas military mailing addresses to ensure packages and letters arrive on time:

- Parcel post: Saturday
- •Space-available mail: Nov. 27
- Parcel airlift mail: Dec. 4
- · Priority and first-class letters/cards: Dec. 11 (Dec. 6 for APO 093)
- Express mail military service: Dec. 20 (Does not ap-

## Did you know?

There is new guidance about the wear of certain awards and decorations.

- For more information, visit www.af.mil/news/ story.asp?storyID=123009099
- Eligibility requirements for each decoration can be found at www.afpc.randolph.af.mil/ awards/Recently%20approved%20awards.htm.

,	could not intermedia planning to			ply to AFC	,
	Every member of Team Tyndall is valuable.				
A. C.	Play it safe, don't become a statistic.				

Nov. 12, 2004 **Gulf Defender** Page 7 What are you doing to ensure a Tyndall victory during William Tell? ON (Editor's Note: All participants are members of the 95th Fighter Squadron, which is representing AETC and Tyndall during William Tell.) THE S T R "Perform my job to the best "We did a lot of research on "Flying in each of the "Standing tall, looking of my ability and make sure our training ordnance and Air profiles and doing my best sharp and ensuring 100 per-





Staff Sgt. Mike Samsel, 2nd Aircraft Maintenance Unit crew chief, runs the roulette wheel for the night.



Lt. Col. Charles Carlton, 325th Medical Operations Squadron commander, center, steals a glimpse of 325th Medical Group commander Col. Sean Murphy's cards during a game of five card stud poker, while Staff Sgt. Gary Manuel, 325 Maintenance Group quality assurance inspector, deals.



Lt. Col. Craig Hall, 325th MXG deputy commander, deals a hand of Black Jack to Casino Night participants.

# Full house: Tyndall members roll in for casino night

their luck at the Enlisted Club here Oct. 29.

The 325th Maintenance Group hosted an all ranks Casino Night that rolled in about 170 people.

Participants paid \$25 for dinner and scrip 325th Mission Support Group which they used to "gamble." The Old Western-themed club offered black-jack, *Public Affairs*)

Tyndall members got a chance to press keno, craps, roulette, Texas holdem and Caribbean poker. High rollers with the most scrip at the end of the night entered raffles to win prizes.

The next quarterly event will be an all ranks Mardi Gras Night hosted by the

(Compiled by the 325th Fighter Wing



From left: Airman 1st Class Austin Archey, 43rd Fighter Squadron, places his bet at the black jack table with Brandon Wavrep while Col. James Van Antwerp, 325th Maintenance Group commander, deals.

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Tyndall lieutenant shoots way to tourney



Photos by Senior Airman Benjamin Rojek

Second Lieutenant Tysen Pina, assistant to the 325th Fighter Wing executive officer, balances a spinning basketball on his finger. He was recently selected to play on the Armed Forces Basketball Team.

SENIOR AIRMAN BENJAMIN ROJEK

325th Fighter Wing Public Affairs

For 2nd Lt. Tysen Pina, a 325th Air Control Squadron casual student serving as assistant to the 325th Fighter Wing executive officer, his love for basketball is second only to his love of serving in the Air Force.

However, the lieutenant has recently found an opportunity to express his passion for both by being selected to play on the Armed Forces Basketball team in the Supreme Headquarters Allied Powers Europe International Basketball Tournament in Belgium Nov. 28.

Even though this 6-foot-8-inch center has proven himself worthy of representing the U.S. armed forces on the court, his zeal for sports started in the diamond.

"I started playing organized sports in the sixth grade," said the 23-year-old lieutenant. "My first love was baseball."

It was a sport he would play all the way through high school, but a growth spurt dur-

ing his sophomore year made basketball his main focus. He said he knew that's where the scholarships were going to come from.

So when the Air Force Academy offered him a scholarship, Lieutenant Pina snatched it up. It was a school he had always wanted to attend and his height, coupled with his skills on the court, is what finally got him in. Four years later, his final year at the Academy, he got to go out with a bang.

"The Academy won the Mountain West Conference title last year," said Lieutenant Pina. "It was a great way to go out. The Academy has never had a winning season before. We went from being in the basement for the last 20 years to being on top."

After graduating from the Academy, Lieutenant Pina came to Tyndall Air Force Base, where he is now awaiting his class

start-date for Air Battle Manager training. When he arrived, he began playing basketball again, not only to hone his skills, but also to meet people.

He started working on his on-court skills in the afternoons and practicing again with the Tyndall Tigers men's varsity basketball team at night. On the weekends the lieutenant competed in intramural basketball. It seemed that he was always on the court making good impressions.

"Pina's a happy guy and fun to be around," said 2nd Lt. Vernard Jenkins, an ABM student, who played with Lieutenant Pina on the Academy basketball team. "He's always positive. Everyone feeds on it and absorbs it."

What Tyndall Tigers men's basketball team head coach William Sharp was impressed with was Lieutenant Pina's finesse on the court.

"The main thing about Pina is that he just loves to play basketball," he said. "Some people are tall and they play bas-

ketball just because it's expected of them. He just loves the game." That's what got Lieutenant Pina noticed by John Bailey, Armed Forces men's basketball team assistant coach, at the Oct. preseason 9-10 South Eastern Military Athletic Conference tourna-

ment at Robins Air Force Base, Ga.

"We extend invitations to those guys who can not only play ball, but are also good at their job, dependable, and can best represent our country," said Eddie Goad, Armed Forces men's basketball team director. "We are not looking for your average guy on the street. We are looking for quality, well-rounded people."

According to Mr. Goad, the lieutenant fit the bill.

"We don't usually pick up a player who has not played on an Armed Forces team, but he is athletically gifted," he said. "We're not going out on a limb with this guy."

Lieutenant Pina will be at Ramstein Air Base, Germany for training through Nov. 27. There, the 12-man team will not only prepare for the tournament, they will also scrimmage against German Division 1 and 2 professional basketball teams.

Added to that will be community relations tours around the area, including a trip to the Landstuhl Regional Medical Center, Germany, to visit wounded veterans

Once the training and tours are complete, the U.S. Armed Forces team will head to SHAPE headquarters for the tournament, said Mr. Goad.

The best of the best from countries such as Turkey, Russia, Italy and Canada will be playing in the tournament, but Lieutenant Pina isn't worried.

"Opportunities seem to appear for those who are willing to work hard," he said.



Lieutenant Pina hangs from the rim after slam dunking a basketball during a practice session at the base gym. The 6-foot-8-inch lieutenant spends many hours each week honing his basketball skills for the Tyndall Tigers varsity team.

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# **Holiday stress:**

## Ways to reduce multitasking induced frustration during the "jolly" days

AIRMAN 1ST CLASS SARAH McDowell
325th Fighter Wing Public Affairs

Malibu Barbie for Susie, video games for Greg, sweaters for the parents, cookies for class, have to be at his parents' at six, her parents' at seven, friends' house at nine – and a partridge in a pear tree.

The need for people to please everyone and spend money to their limits seems to kick in heavily around the holidays. Everyone misses their friends and family and feel the need to see all of them, but the stress accompanying the lack of multitasking skills is not necessary.

One of the biggest problems people face during the holidays is trying to do everything and be everywhere at once.

"We spread ourselves too thin," said Sheri Ward, Family Advocacy Outreach manager at the Life Skills Center.

She has some advice for those who get wrapped-up in the holidays: The number one thing people should do is plan ahead. They need to allow enough time to travel to their destination and back without rushing. This practice allows people enough time to do what they want and be more in control of what they are doing.

"Don't try to please everybody, just stick to the spirit of the holidays," she added. Helping others this time of year is a great way to put things into perspective. There are many things people can do, from helping a soup kitchen by serving meals downtown to helping the Airmen in the dorms by inviting them over for holiday dinner. These things can help people realize the actual reason they celebrate the holiday.

Another way to avoid stress is to realize this is a day and age of convenience and there are many ways to start new family traditions. Some people now have opted to eat their holiday dinner in restaurants, or use turkey fryers (outside of the home, while employing all instructions) instead of baking their turkey. These options, although not traditional, can be time and frustration saving.

Not only can the need to be everywhere at once be exasperating, but so can the shopping, mainly when the separation anxiety from the money kicks in.

"People need to put a plan together and stick to the plan then they are less likely to regret what they spent in January," said Michael Coyle, Family Support Center. Sound familiar? It should, because the biggest advice of the year while approaching the holiday season – is plan.

"When we are impulsive, things have a tendency to get away from us," he added.

Last minute shopping, dinner ideas and travel reservations are not only more stressful, they are also more expensive, which can mean that a person could be dealing with the bill for longer than just the holiday season.

There are many ways to plan for holiday spending. Mr. Coyle suggests taking a monthly paycheck, subtract all normal bills and dues, plan for each person to buy for, tag on a monetary amount, draw up a list and then go shopping.

"Spend within your means," he said, "Much of the stress that comes is from the feeling we don't have enough to give."

He also suggests giving hand-made gifts.

"Often a hand-made gift, a creative gift, can mean so much more to a person," he said.

All of this ties into remembering what the season is all about. It is a season of

# Got plans?

The biggest suggestion to keep the

holiday stress-free is to plan:

- Plan financially make a gift list, set money aside for it, and abide by it - do not impulse shop.
- Plan a schedule make sure to have enough time to arrive at a destination safely and return home safely. Do not think you must be everywhere at once - it is impossible.
- Plan different traditions don't think that the old ways of doing things are the best, take advantage of time-saving technology, restaurants or even a catering service.

giving, but it should also be a season of relaxing and taking time with family, friends or even one's self to reflect on last year's and prepare for next year's events.



Airman 1st Class Jason Hall



isa Norman

Airman Hall receives the Checkertail Salute Warrior of the Week award from Brig. Gen. Jack Egginton, 325th Fighter Wing commander.

**Duty title:** 325th Communications Squadron messaging technician

Time on station: One year, eight months Time in service: Two years, two months Hometown: Jacksonville Beach, Fla. Hobbies: Golfing, riding motorcycles

**Goals:** Get a Community College of the Air Force degree, get senior airman below the zone, and get a bachelor's degree in computer science

Favorite movie: "Black Hawk Down"
Favorite book: It, by Stephen King

Favorite thing about Tyndall: The golf course

Pet peeves: Mass amounts of e-mail

Proudest moment in the military: Deploying to

Spain

The Checkertail Clan salutes Airman Hall, who has redirected mail connectors to the proper Air Force address book and resolved address conflicts, set up classified remote mail server to enable e-mail access through the Web and was the first in Air Education and Training Command to provide the service. Airman Hall also has quickly responded to critical e-mail failure and was able to recover mail for 558 users. He rebuilt mail queues, built a new exchange bridgehead server, and restored the mail link between Tyndall and a deployed site. He also performed as an escort for the POW/MIA ceremony, volunteered four hours monthly at a local area food bank and spent three days clearing hurricane debris in Palatka, Fla.

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

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Golden Bolt Award
Airman 1st Class Dustin Hicks



Senior Airman Benjamin Roje

Airman Hicks, 2nd Aircraft Maintenance Unit crew chief, inspects the landing gear of an F-15 Eagle. Airman Hicks is the Golden Bolt winner for the month of October. He found the bolt in an aircraft grounding point, which was partially hidden under an aircraft sunshade column, during his morning aircraft inspection.

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#### **Briefs**

#### Retirement ceremony

The retirement ceremony honoring Chief Master Sergeant Wayne Taylor Jr., 325th Aircraft Maintenance Squadron chief will be at noon Nov. 19 at Hangar 43. The dinner will be at 6 p.m. in the Tyndall Enlisted Club. Dress for the ceremony is uniform of the day for military and casual for civilian. Dress for the dinner is casual/fishing theme for all attending. For more information, call

Chief Master Sgt. Wilkerson at 282-4321.

#### **Housing Office limited service**

The Housing Office will have limited hours Wednesday from 11 a.m. - 3:30 p.m. due to an official function.

#### Palace Chase force shaping briefing

There will be a Palace Chase briefing 1 p.m. Tuesday in the 325th Comptroller Squadron's conference room in Bldg. 662. All of Team Tyndall is invited to hear about the Palace Chase program and how to exchange an active duty commitment for an Air Force Reserve assignment due to current Air Force force shaping measures. For more information, contact Master Sgt. Randi Baum at 283-8384 or Senior Master Sgt. Jeffrey Kahapea at 283-2222.

#### Spin classes

There is free indoor cycling classes (also know as "spinning") at the new Cardio Center (next to the Bowling Center. The available dates and times for November are: 6 a.m. and noon Monday, 5 p.m. today, noon Monday, 6 a.m. Nov. 16, 5 p.m. Nov. 19, noon Nov. 22, 6 a.m. Nov. 23, 9 a.m. Nov. 27, noon Nov. 29 and 6 a.m. Nov. 30.

#### Ladies locker room closure

Beginning Monday, the ladies locker room in the Base Fitness Center will be closed for renovations until March 2005. The senior staff locker room will serve as the temporary ladies locker room. Senior staff will be sharing the section in the men's locker room reserved for squadron commanders. For more information, contact Lou South at the Fitness Center office at 283-2631.

#### Mentors needed

Mentors are needed for 9th- and 10th-grade students at Rutherford High School. The task requires a couple of hours a week around lunch time to help students who are termed "at risk" for failing or dropping out of high school. Being a mentor is being a big brother/sister, a role model and, most of all, a friend to the student.

## **Obeying the limits?**

The 50th Anniversary William Tell Competition is here through Nov. 19, and there will be hundreds of guests participating in, supporting, and observing this historic event. Most activity is concentrated on the north side of base around Hangar 5. The speed limit along this stretch of Florida Avenue is 15 mph and the speed limit in parking areas is five mph. Events are also scheduled for the south side of base. Pay attention to speed limits base-wide, and stay aware of increased pedestrian and vehicle traffic during William Tell to ensure a safe and enjoyable event for all.



Senior Airman Benjamin Roje

For more information, e-mail Joseph.Volpi@tyndall.af.mil.

#### **Tyndall Thrift Shop**

The Thrift Shop now has winter clothing and Christmas items. The store will be closed for the Thanksgiving holiday Nov. 24-26. For more information, call 286-5888.

#### Officers' Spouses' Club

The November Officers' Spouses' Club Coffee will be a day-time event and on-site childcare will be available for children who are registered at the Child Developement Center.

The OSC is having a culinary demonstration Tuesday featuring Chef Sean O'Heara, with a menu of Pumpkin Soup with pepino (pumpkin seed) fritter and curried crème fraiche Farmraised semi-boneless Quail stuffed with pecan & cranberry dressing, wrapped in country ham and seared, glazed with maple barbecue. Or, baked chicken breast prepared as above with sweet potato crème brulée with ginger-apple compote. The cost is \$11 for members and \$13 for non-members. RSVP no later than noon Saturday to 215-6820. Participants who did not specify food will be served Quail.

#### Motorcycle courses

The next Beginners Rider Course will be held Nov. 19-21. When riding, remember to ensure other vehicle operators can clearly see you by the way you're dressed. The consequences of not being highly visible could be deadly. Ride safe, ride often and live to ride another day.

#### Focus 56

All E-5s and E-6s are invited to the Focus 56 "Networking Social" to be held Nov. 19 at 3 p.m. at the base Marina. This event will give Focus 56 members the opportunity to network/socialize with peers from other squadrons and discuss the issue of the day or just get to know everyone better.

#### Class registration

Embry-Riddle Aeronautical University Spring 2005 Term Registration will be Nov. 29 – Dec. 17 and Jan. 3–7 in Bldg. 1230, Room 49 from 8 a.m. to 4:30 p.m. daily. Class dates are Jan. 7 – March 10. For more information, call 283-4557.

#### **Air National Guard opportunities**

The Alabama Air National Guard units in Montgomery have the following part-time vacancies: 1N0X1-Intel, 2A0X1B-Av Test Station, 2A3X2A-Av System, 2A333B-F-16 Crew Chief, 2A6X1A-Jet Engine, 2A6X2-Age, 2A6X3-Aircrew Egress, 2A6X4-Aircraft Fuels, 2A6X5-Aircraft Hydraulics, 2A6X6-Acft Elec/Envirn, 2A7X1-Acft Metal, 2A7X3-Struc, 2F0X1-Fuels (POL), 2R0X1-Maint Data, 2T31X1-Vehicle Opns, 2T3X1-Spec Purpose, 2S0X2-Supply, 2S0X2-Supply Sys Analysis, 2W0X1-Munitions, 2W1X1-AcftArm, 3E0X1-Elec Sys, 3E0X2-Power Production, 3E1X1-HVAC, 3E2X1-Heavy Equip, 3E4X1-Util, 3E4X2-Liquid Fuels, 3E4X3-Environmental Cont, 3E5X1-Engineering, 3P0X1-Sec Forces, 4B0X1-Bioenv Eng, 4D0X1-Diet Therapy, 4N0X1-Med

Tech, and 6C0X1-Contracting. Please contact MSgt Vonsetta Roberts DSN 358-9191, commercial 334-394-7191, or 1-800-368-4481 or email at vonsetta.roberts@almont.ang.af.mil or SSgt David Coram at DSN 358-9190, commercial 334-394-7190 or email at david.coram@almont.ang.mil for more information

### **Garage Sales**

2656B Thunderchief 2976B Starfighter

Garage sales are held 8 a.m. to noon Saturdays.

#### **Chapel Schedule**

#### Catholic services held at Chapel 2:

Daily Mass, 11:30 a.m. Monday-Friday Reconciliation (before Saturday Mass or by appointment) Saturday Mass, 5 p.m. Sunday Mass, 9:30 a.m. Religious Education, 11 a.m. Sunday.

#### Protestant services at Chapel 1:

Communion service, 9:30 a.m. Religious Education classes, 9:30-10:30 a.m. in Bldg. 1476 Sunday Night Live service, 6 p.m. General Protestant service, 11 a.m., Chapel 2





# 2004 Tyndall Air **Force Base Photo** Contest winners

Note: The following photographers earned first place in each event of this years photography contest.

#### Adult Monochrome People

**Training Command.** 

**Award-winning art** Four winning entries of Tyndall's art contest are displayed. The winners are (From left) Eileen Prohaski's "Native American Art," Mackey Tyndall's "The Air Force's Screaming Eagle," Tammy Bachelder's "Fruit Bowl" and Caylea Ingram's "My First Masterpiece: A Self Portrait." An awards ceremony is scheduled for Nov. 30. All first and second place winners will compete against artwork from bases throughout the Air Education

Megan Setter "Secrets"

#### **Adult Monochrome Scenic**

Megan Setter "Decisions"

#### **Adult Color Print Military** Life

Donna Ward "F117 at Twilight"

#### **Adult Color Print People**

Stefanie Ascherl "Puppy Love"

## **Adult Color Print Scenic**

Sandra Jean Yarbrough "Grounded"

#### Adult Digital People

Megan Setter "Serenity"

#### Adult Digital Scenic

Donald Edward Yarbrough "Summer Storm"

#### **Adult Digital Creative Effects**

Megan Setter "Reflections"

#### Adult Digital Computer Imaging Enhancement

Megan Setter "Simplicity"

#### **Adult Monochrome Print Creative Effects**

Jeremy Paulk "Xray Vision"

# Tyndall billeting offers cheap alternative

STEVE RIDDLE

325th Services Squadron publicist

The Sand Dollar Inn here is offering activeduty and retired military personnel a cheap and easy alternative for family and friends who may be visiting during the holiday season.

Between Dec. 17 and Jan. 8, the Sand Dollar Inn will make available rooms for families or friends of active-duty, retirees, or anyone else who is eligible to receive military lodging.

will be \$24.50 a night," said Al Tremaine, manager of the Sand Dollar Inn. "And we have lar Inn at 283-4211.

one-bedroom efficiencies with a full kitchen for \$35 a night."

The kitchens include full-sized refrigerators and stoves, as well as full sets of dishes and cookware. All rooms also have coffee makers, irons, microwaves and plenty of other perks.

"Our rooms have a lot more amenities than the majority of hotels," Mr. Tremaine explained. "We adhere to the Air Force standard for lodging facilities, and that's a standard that's higher than most places off-base."

Mr. Tremaine said there would also be some rooms "Our regular rate for a one-bedroom room available during the Thanksgiving holiday. For more information or to make reservations, call the Sand Dol-

## **Tigers** sweep warriors

The Tyndall Tigers men's varsity basketball team took two victories from the visiting Warriors of Maxwell Air Force Base, Ala., during Southeastern Military Athletic Conference regular season play Saturday adn Sunday

During Saturday's game, the Tigers jumped out to an early lead and raced to a 51-27 lead at the half. In the second half, Tyndall's lead continued to balloon despite using liberal substitutions as the team closed out the game with a winning score of 97 -64.

Sunday's game saw Maxwell take an early lead that they maintained throughout the first half as the Warriors led 42-37 at the half time intermission. In the second half, the Tigers and Warriors battled back and forth until Tyndall's score went up eight points to lead 82-74 with 1:30 remaining in the contest. The Tigers held on to finish the game with a winning score of 85-82.

The Tigers and Lady Tigers will travel to Hurlburt Field this weekend to challenge the Commandos. The game times are: Saturday: women - 1 p.m., men - 3 p.m. and Sunday: women-Noon and men: 2 p.m.

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# tunshine NE



November 12, 2004 www.325thservices.com



## **Air Force Club Membership Drive**

New and Existing AETC members could win up to \$3,000.00 If AETC reaches it's goal, Tyndall clubs could receive \$500! Amn E1-E4 & 2Lt get one free year of membership. Call the club today and start saving.

283-4357

**Enlisted Club** 

## **Dinner and** A Movie

November 18

## **Harry Potter and** the Prisoner of Azkaban

Buffet 5-7 p.m., Movie 7 p.m.

Buffet style dinner: \$6.95 Member price: \$5.95 Non-Member Children: \$3.95 Children age 7 and under eat free. Youth under age 16 must be accompanied by an adult.

#### Special Prize Giveaways!

Enter our Harry and Hermione look alike contest...one lucky girl and boy will go home with a prize. Also two Harry Potter Treasure Chests will be given away!

## Thanksgiving Meals to Go

Plan ahead and let us do the cooking for you!

You Get: A 10 lb. Turkey Mashed Potatoes Mixed Vegetables Cornbread Stuffing

\$35.95 for members \$39.95 for non-members Feeds Approximately 6-8 people

Giblet Gravy Dinner Rolls Cranberry Sauce

& Pumpkin Pie

We are taking orders starting Nov. 1 until Nov. 19 (4 p.m.) Orders can be picked up 8-11 a.m.

on Nov. 25 at the Tyndall Officer's Club

For more information call 283-4357

#### Youth Center

© 283-4366

**Homeschooler Fitness** 

Are you a homeschooler looking for fitness activities for your children? Sign up for the Youth Center Homeschool Fitness program for ages 6 and up and your child will participate in a different team or individual sport each month. Cost is \$40 a month. Call for more information.

1st Semi-Annual Youth Activities Support Sports Golf Event

Dec. 3, 2004, Noon Shotgun Start. Fun & Excitement, Prizes For Longest Drive, Closest To The Pin. All profits go to support the Youth Sports program. 4 Man Best Ball Format, Mulligans and String Putts for Sale. \$30 entry fee includes Green Fees & Cart. Sign up Individually or with a team, only one A-player per team. Individual Sign-ups will be assigned a team.

5th Annual "Bowl by Mail"

Calling all youth and teens between the ages of 5-8, 9-11, 12-14, & 15-18. Join in our annual Bowling Tournament and your scores will be sent forward to compete against other Air Force youth around the world. The high game and sum of all three scores will be totaled. Enter has many times as you would like. Call youth center for further details and exact times.

**Graphic Impressions will** be closed November 12, 2004

### **Lodging NAF Property Sale**

November 24, Bldg. 1381, 9 a.m. to 2 p.m. Items for sale: Beds Queen size, desks, chairs, occasional chairs, dressers, mirrors, drapes, artwork, microwaves. Cash and Checks only. Call 283-4211, ext. 3336

Pizza Pub

# Karaoke

Come join us every other Wed., Nov. 17, 5-11 p.m.

#### **Food and Drink Specials**

For more information call Amanda at 283-3222

#### Information, Tickets & Tours

© 283-2499

#### **Universal Studios "Grinchmas Christmas**" Walking Tour

Nov. 19-20. Cost TBD . Celebrate the holidays Dr. Seuss style on this overnighter to Universal Studios in Orlando

#### Community Center

© 283-2495

#### **Open Mic Night**

Nov. 24, Open Mic Night, If you sing, read poetry, play an instrument or would just like to jam, we're looking for you, 5 p.m. in the Sports Page Pizza Pub, Call 283-2495 for more info.

#### **New Cardio Center**

Bldg. 912 (Old Teen Center), Pilates Classes: 5:15-6:15 Tues. & Thurs., 12-1 p.m. Wed & Thurs., Yoga Classes 5-6 p.m. Mon. & Weds., Pilates Classes Cost: 10 Classes punch card \$30 or \$6 per class. Yoga Classes Cost: 10 Classes punch card \$35 or \$6 per class, punch cards available at the CAC Bldg. 1027, Call 283-2495 for more info.

#### **Community Center NFL Pigskins Picks**

Entries must arrive at CAC by 5 p.m. Friday, preceding the weekend & Monday games. Open to all Tyndall Community members over the age of 18.

283-2495

Fitness Center 11th Annual

## Turkey Trot

5K Walk/Run begins at 3 p.m. Run begins at 3:30 p.m.

Prizes will be awarded. 283-2631

# All ranks at the Officers' Club Dining Room

## Thursdav. November 25

Adults: \$15.95\*, Children (5-11): \$7.95\*, Children (0-4): Free Featuring:

Carving Station w/ Roast Beef and Baked Ham, Omelet Station, Waffle Station, Sliced Turkey, Stuffing, Candied Yams, Cranberries, Mashed Potatoes & Giblet Gravy, Seasonal Vegetables, Scrambled Eggs, Home Fries, Bacon, Biscuits, Creamed Beef, Seasonal Fruit, Dessert Station, Selection of Juices, Coffee & Tea

\*Members First! Show your club card to receive \$2 discount



Reservations Encouraged: Your choice of the 11 a.m. or 1 p.m. reservation times.

283-4357

Bldg. 1027 on Louisiana Ave.

Prizes include: an XBOX system, T-shirts, coolers and hats for Club Members!

Any question call Amanda at 283-3222 / 283-2814

at the Pizza Pub
Every Sun. and Mon. is your chance to win trips to the

Atlanta Tampa Bay game, Pro Bowl and even the Super Bowl!











No federal endorsement of sponsors intended.



